

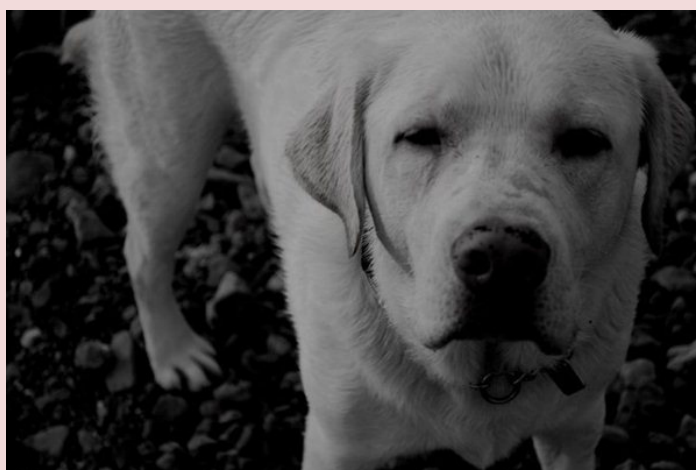


My name is Helga Kristín and I come from the second largest municipality in Iceland, called Kopavogur, with a population of 300,180.

I chose to apply for the AFS program because my sister went to Texas in 2003 and she always talked well about it so I wanted to experience going abroad on my own. I trust the AFS program and I know they are doing their job very well. Out of this trip I want to gain more life experience, to become more mature and face new adventures and culture and be more independent



My family means so much to me. I am the youngest in the family so I don't really have a specific role in the family but just be the wonderful little sister and daughter. My mom's name is Guðný Helgadóttir. She is 47 years old and works at a bank. My dad's name is Ólafur Guðmundsson. He is 50 years old and he is a managing director at a large successful company here in Iceland. I talk to my parents



about all sorts of things like school and important decisions in life.



They always have answers for me and do their best to help me.

I love sports and I've played football since I was 6 years old. I quit football 2 years ago and started playing tennis, I really like tennis. As this sport is so different from other sports. I also love to running, cycling and hiking

All my life I've been doing sports, like athletics, swimming, football and tennis. I exercise four times a week and I think a lot about what I eat so I get the most out of the exercise. I would say that sports and music are the most important things in my life



This is a picture of my classmates in Iceland. On the picture, we are getting together before the big school dance.

This is my school, the Commercial College of Iceland





Now I have been in Hong Kong for 3 months and I will stay here for another 7 months. So far I'm having the greatest time of my life, but still trying to get used to the weather. I always experience interesting and exciting things every day. I love how small HK is because it's very easy to

travel around here. Iceland is a big country but the transportation is not as convenient as here.

The most interesting thing that I have recognized is how friendly and kind HK people are. I have no words to explain, but I feel like home because every single person really wants to help me to have the greatest time.

Madam Lau Kam Lung

Secondary school of MFBM is a very interesting and good school which has many great and kind teachers and of course the students. Never in my life have I got to know so many amazing people. I'm enjoying every minute here. Overall I really like this school as it has so many different subjects and activities to offer. I'm a lucky girl!

